

MILWAUKEE COUNTY SENIOR DINING

MUSLIM COMMUNITY & HEALTH CENTER

803 W. LAYTON AVENUE



FOR CURBSIDE PICK-UP

APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 RESERVATIONS REQUIRED  3-DAY NOTICE CALL SITE 414-939-4411  				1 FRIDAY FISH FRY 
4 Pasta & Ground Beef Lentil Soup Salad Hummus Bread Orange	5 Burger Bun Fries Beans Salad Banana	6 Chicken Tikka Chana Masala Salad Raita Naan Pear	7 Nihari Matar Rice Salad Naan Grapes	8 FRIDAY FISH FRY 
11 Kebab Rice Baba Ghanouj Salad Bread Apple	12 Fajita Wrap Fries Salad Raita Bread Fruit	13 Reshmi Kebab Chana Daal Salad Bread Melon	14 Haleem Mixed Vegetable Rice Salad Raita Naan Pear	15 Paratha Roll Chicken & Vegetables Wrapped in Bread Salad Raita Fruit
18 Grilled Chicken Rice Salad Hummus Bread Banana	19 Chicken Potatoes Salad Hummus Bread Orange	20 Chicken Boti Mixed Vegetables Salad Bread Grapes	21 Chicken Karahi Okra Salad Bread Melon	22 Paratha Roll Chicken & Vegetables Wrapped in Bread Salad Raita Fruit
25 Falafel Sandwich w/Tomato, Onion, Tahini Bread Baba Ghanouj Salad Fruit	26 Crispy Wings Fries Beans Salad Apple	27 Chicken Biryani Palak Paneer Salad Bread Pear	28 Chicken Korma Chicken Frontier Rice Salad Bread Grapes	29 FRIDAY FISH FRY 

MILWAUKEE COUNTY SENIOR DINING

American Heart Association Healthy For Good™

FOUR WAYS TO GET GOOD FATS

Replace saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower bad cholesterol and triglyceride levels, and they provide essential nutrients your body needs. Here are four easy and delicious ways to get more of the good fats.



GO FISH

Eat fish at least twice a week. Choose fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon to get essential omega-3 fatty acids.

BE NUTTY

Munch on a small handful (about 1 oz.) of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts.



ADD AVOCADO

Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.



CHECK THE OILS

Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower oils.

EAT SMART ADD COLOR MOVE MORE BE WELL

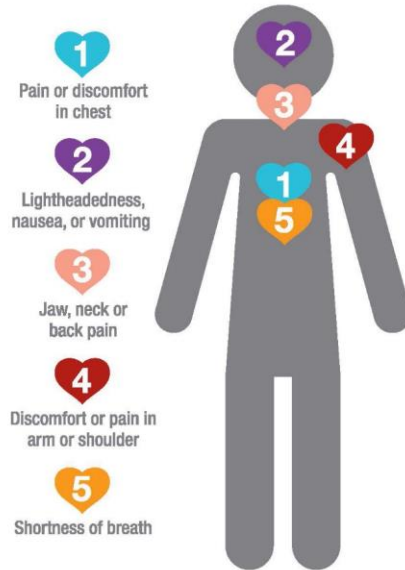
LEARN MORE AT HEART.ORG/HEALTHYFORGOOD

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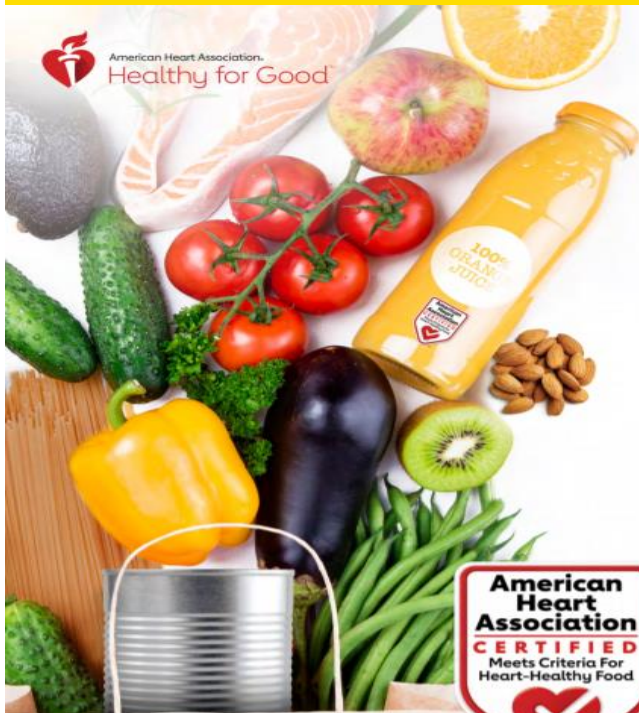
Common Heart Attack Warning Signs



Learn more at Heart.org/HeartAttack.

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American Heart Association Healthy for Good™



CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

Hundreds of products carry the Heart-Check mark. Look for the Heart-Check wherever you shop—it's in almost every aisle!

This is what it takes to be Heart-Check certified:

SOURCE OF NUTRIENTS

Beneficial Nutrients (naturally occurring):

10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)

LIMITED IN SODIUM

Sodium:

One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.*

LIMITED IN BAD FATS

Saturated Fat:

1 g or less per standard serving size and 15% or less calories from saturated fat

Trans Fat:

Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

TO LEARN MORE, VISIT

heartcheck.org

*All requirements listed apply to Standard Certification, see heartcheck.org/requirements

View Menus Online! county.milwaukee.gov/aging/diningmenus · Senior Dining Office: 414-289-6995